

Positive Alternatives 2017 - 19 Quarterly Update

Grantee (Name and city): Philomena House, St. Paul (878194)

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Goal: To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

For the period: 4th quarter: April 1 – June 30, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities Grant	Administer grant activities: Sharon King, Housemother Joyce Nevins, Director Volunteers			
Outreach	Promote Grant activities			
Education – Financial Assistance	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to increase financial literacy and move residents to self-sufficiency	2-4	Four guests assessed individually Entered and 3 have received all necessary needs and have had healthy babies. One has gained custody rights in court (we take her and stay with her in court) to have both her 4yr.old son and her infant daughter -having successfully completed drug treatment. She will be leaving the end of July. Two others are moving forward having all Obstetric and Pediatric appointments, immunizations	44

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	*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.		and dental exams. All 3 have taken Financial classes and attend Life Coaching. The fourth mother will deliver end of August and is attending parenting classes and all her O.B. appointments and the Dentist as well as Life Coaching. We paid her fines for problems with the law, including bail to keep her out of jail. We required her to attend behavior mental health appointments and meet with her more frequently and thus far she seems to be “thriving”. She will attend financial classes when we admit another guest.	36
Housing Assistance and Administration	*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies. *Clothing is also available for moms and infants. *Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food), *weekly life and financial coach group and individual meetings with mentor and doula. *“Family” meeting once a week with all the members of house and director.	2-4	Our pregnant guest suffers from continual nausea and vomiting and attempts to eat what / whenever she can. She did prepare for all, a wonderful chicken dinner “with all the trimmings”. We have taken her to the ER once for dehydration but now managing a bit better. Family meetings include: (for example) staying safe in the house: Use handrails on steps, careful in shower (one fell). Discussion on cleaning house and shopping for food. Plan events and outings. Discuss why one guest had to leave. (No longer pregnant and lost custody of her 6 th child delivered Feb. 14) This issue was a shock and suffering for our other guests and us. Prepare for new guests.	20

[illegible]

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Mentoring and Doula Programs	<ul style="list-style-type: none"> *Pair residents with volunteer mentors and birth doulas *Provide intake assessment *Safe sleep and Car seat, 'shaken baby' education *Provide support in carrying baby to term, setting goals, assist with development in areas indicated in assessment *Mentor and Doula may be present for Care Conference and the delivery *Post-partum Doula assists in care of mother and baby after delivery *Mentor/and Doula may continue with guest after she leaves Philomena House 	2-4	We were disappointed that 3 of our guests 'refused' to have a mentor...We then invited volunteers to just come to the house and "hang out" – and bring a treat of some kind. This casual assortment of 'friends' visiting has worked well with a group of very independent women. The lack of trust in others is a big problem and when the same people come back you can see a "welcoming" attitude that eventually happens.	16
Nutrition	<ul style="list-style-type: none"> *Provide nutrition education for pregnant and parenting women *Provide healthy snacks during meetings 	2- 4	Nutrition and food/exercise is always discussed informally and probably daily while planning and implementing meals.	12

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	*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking *Provides encouragement and 'tips' to new mom(breast/bottle feeding) *Provide instruction on cleaning bottles and equipment		The guest will deliver the end of August and plans to breast feed. She has watched mothers and 3 babies here very carefully as they deal with dirty bottles and care for their babies. She was very afraid to be a mother but now seems to be more self- assured about everything. She is comfortable asking her friends in the house, including the housemother for advice.	12
Parenting Education	*Provide parenting education to residents on topics including child care, normal growth and development. Health, immunizations and making parenting plans. (Adoption) *Hormonal changes and 'postpartum blues' *Importance of exercise for baby and mom *Baby message and motion exercises	2-4		
Pregnancy Education	*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise. *Provide information on safe use of treadmill and stationary bike	2-4	All the guests take prenatal vitamins. They all get exercise, even when not feeling well, walking up and down all our steps. We are disappointed they have not used our exercise equipment but our volunteers use it when there is a 'slow time'.	

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	*Provide alcohol, drug and smoking cessation information		All have stopped smoking or never started. There is no interest in drugs or alcohol among this group. They have witnessed the extreme suffering of what happens when moms “use” and they want to keep their babies’ safe and with them.	
Provide Necessary Services to all clients	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource database to provide information and make referrals	3-12	Everyone uses our Guest Computer for bus, job and housing information. It has been a great help to all.	24
Provide Necessary Services Assessments Only	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource database to provide information and make referrals	3-12	The housemother has helped to take and pick up the guests when they have appointments, and other needs during their pregnancy and in hot/wet weather	36
Transportation	*Provide bus passes for transportation assistance to:	2-4	We allow one bus pass per guest unless they have multiple appointments	4

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	*Educational Opportunities and work as well as doctor/dentist/other appointments. *Philomena House is half a block from a bus stop. *Some volunteers need gas reimbursement.		I can't say enough about the educational opportunities offered by our Life Coach. Having been a homeless woman with children along with her skill as a Life Coach, she knows EXACTLY what they need the most.	20

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	3
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	3
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	4
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	4
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

Challenges: We believe the woman [REDACTED] with 6 children (all now have been adopted) was being “trafficked” by a man who we met and observed verbal abuse toward [REDACTED]. We all talked with her about her life (individually and as a group) but she remained firm in her (?) “attachment” to him. We could not do anything and felt so helpless toward this lovely young mother. However, we will continue to pray for her.

■ was a behavior problem who should have been 'kicked out' but since she has not delivered we chose to continue to work with her and she has 'turned the corner' and we don't expect further problems.

■ has received custody of both children and we were thanked profusely by the Judge and Lawyer as well as the Child Protection Worker. They were surprised at her 'recovery' from a very 'dark hole'. I feel her response was due to unconditional love and the structure she received at Philomena House. AND many THANKS ARE IN ORDER FOR POSITIVE ALTERNATIVES – AND MDH!!

Comments: At times this work seems almost impossible but then there is light at the end of a tunnel. We continue to make more progress than failure. Admittedly Philomena House was a "pilot-project" of sorts. I feel it certainly is one very effective way to use volunteers in a safe surrounding where they can demonstrate their love and concern for the 'stranger in distress'.